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CORONAVIRUS

MOURNING LOSS OF LIFE & NORMALCY

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C.O.R.O.N.A.V.I.R.U.S:
Mourning
Loss of Life and
Normalcy

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Book Description

One moment, life was seemingly normal, then before we all knew it, we were all hit with something that changed the way we see life forever. Ever since the COVID-19 pandemic, many things changed. The little things we took for granted become taken away from us, and most people don't know what to do with this.

Finding control even in this situation, and adjusting to the new standard is difficult, but not impossible. In this book, Coronavirus: Mourning Loss of Life and Normalcy, we explore how the virus has changed our lives and what we can do to make the most of the negative situation.

You don't have to give the crisis power over you. Learn how with this guide!

Introduction

There are very few times where people of the world, regardless of their background, come together to fight against a common enemy. Issues like climate change, corruption, and now, the coronavirus pandemic. Ever since the virus suddenly appeared, seemingly out of nowhere, everyone has had to face the same challenges and go about the same rules. Information is flying in from all directions. The rules are choking, and no one can go about their normal, day to day activities like before. Many people have said that they seem to be losing their minds, being stuck at home, and seeing bad news every day.

When situations like these happen, we tend to lose control, and some can sink into depression. Most of the news we see on TV and what everyone is talking about on social media is the virus. A ripple effect followed the arrival of the coronavirus. Domestic violence cases have dramatically increased, the economy is suffering as unemployment rapidly increases, children are hungry, and the homeless are stranded. The world leaders seem confused about what to do.

While some people are wondering how to pay rent next month, others are losing their sanity from staying home for too long. Even though the problems are different, there is one common denominator, and that is the coronavirus.

With the pandemic not going anywhere soon, it falls on you to take control of your life. You can allow the pandemic to change you, or you can navigate yourself through the pandemic. This guide is here to help you do just this. Using the acronym, C.O.R.O.N.A.V.I.R.U.S., we will be exploring the effects of the virus on social and economic life and how you can recover and navigate through these effects.

Collectively Transformed: How the coronavirus has transformed us all.

Ordered to Self-Isolate/Social Distance: The effects of self-isolation on social interactions.

Rituals and Funerals: The virus has changed the outlook on death.

Oppressive Societal Attitudes: The negative social effects of the virus.

Normalcy, Loss of What Was: The changes in normal activities we were all used to.

Acceptance (Finding Control in the Situation): How to gain control of yourself in this period.

Virtual Meetings and Communication: The new form of

communication.

Identify Economical Tolls: How the pandemic changed our economic statuses.

Recovery: Reflect, recommit, reengage, rethink, and reboot.

Unbearable Losses and Heartaches: How to deal with loss.

Stock Up on Compassion: The only thing we can give to each other right now.

Chapter 1

Collectively Transformed

Coronavirus is one of the few issues that collectively affects everyone, irrespective of their wealth, social status, and backgrounds. More than half of Americans polled have prayed for the virus to end, and a large percentage of people are now too scared to go out of their homes. Even after the virus slows down, people will still be skeptical because of the aggressiveness nature of the virus.

As the virus increases, different groups of people seem to be affected more than others because of the lack of access to certain amenities. But it doesn't change the fact that everyone would be better off without a virus looming over their heads.

Impact of Coronavirus on Everyone

The coronavirus has revealed to us the little things we take for granted are what we need the most. Walking out of your home is the most normal thing to do after breathing. We don't think about it when we go to work or take our kids to school. We meet at restaurants, go to parties, attend religious gatherings, shop at grocery stores, visit our families at their homes, and some go to the polls to vote.

Many people thought they'll never see the day when they have to stay home to save lives. Over 90% of Americans say they are uncomfortable with attending a party. 66% say that they will feel uncomfortable going to the polling place to vote.

These mundane activities now make us feel concerned, and this is the biggest impact on everyone. We all wonder if we will remain the same even after the virus becomes controlled. Most people will not be comfortable going into a restaurant or gather openly without the fear that they might still catch the virus.

Another way it is affecting us all is economical. As the global economy crashes, many people who live from hand to mouth find themselves in

a fix. Those who don't have savings are struggling to make ends meet, and for those who do have savings, there's no guarantee that savings last forever.

Although coronavirus is causing us to physically social distance, people from all around the world are taking advantage of social media to connect. From Tik Tok videos to different Instagram challenges, the coronavirus only made the world more like a global village by being the only enemy we all have to focus on.

Coronavirus might seem to be affecting us in negative ways. Still, we cannot deny the positive aspects that the virus has brought, such as global unity. Global researchers are looking for a way to solve the problem and doing their best to put their differences aside. There are also acts of kindness and benevolence that people have been dishing out.

Different altruistic behavior such as giving to charity, making masks for health care workers, helping out neighbors and the elderly, and more have increased during this time. It seems like everyone has realized that the whole world can only get past this crisis if we offer to help hands.

The Impact of Coronavirus on Certain Groups

As always, some groups will always suffer more than others, not only in America but worldwide. Many people can't follow the guidelines to avoid the coronavirus because of the inequalities that they face.

You can't expect a homeless man to stay home, live in poverty to stock up on supplies and marginalized populations, and have direct access to health care. A lot of people are without health insurance and cannot avoid crowded places.

Even those seemingly middle-class families find it hard to get through the crisis because they cannot work from home. Many workers recently laid off with no way to get a new job because of the coronavirus effect on the labor market. Studies have shown that viral outbreaks always affect the poor two times more than those in wealthy communities.

Although the government is creating measures to meet those in need, the pandemic is also unkind to targets of racism and xenophobia.

Solving problems of inequality is not done overnight. Inequality during a pandemic outbreak that the extent of poverty and other inequalities have become more obvious in America and countries worldwide.

The government cannot do everything, and this is obvious through

charities attempting to protect vulnerable people everywhere.

It is obvious, from this, that the virus is affecting everyone in one way or another. It comes down to how well we can handle these situations and help those around us get through the pandemic.

Chapter 2

Ordered to Self-Isolate/Social Distance

Human beings are very social species; we created social media after all. Introverts can stay away from chatting with others on social media, and this is because of our need to connect. From the onset of the coronavirus pandemic, there was one word that stood out above all: 'Social Distancing.' Social distancing simply means that we all need to stay away from each other.

Social distancing and self-isolation (which is necessary to protect oneself and others) help in the prevention of the coronavirus from spreading to you and loved ones. There are other consequences that we may not have thought through.

Effects of Social Distancing on Mental Health

Researchers have not deeply studied the effects of social distancing. Social distancing is necessary for the time that we are in; there have been some thoughts on the psychological and social impacts due to the virus.

Self-isolation for a long period usually increases the risk of different health problems, and it increases mortality by 29%. These health problems include heart diseases, dementia, and depression. When you have social contacts that you can count on or turn to, the negative effects of stress become reduced, but this is not usually possible during self-isolation.

The good news is: there are social media. Although people find it hard to remain mentally healthy because of social media, the awareness of staying connected through media makes it easier for us. We can talk to our friends and family and even see their faces through Skype and Zoom. We can also check on anyone far away from us with a simple text.

It's the best social distancing, especially anyone who is living alone or has problems with depression, anxiety, substance abuse, loneliness, and other health problems.

Although social media helps to connect people, it doesn't always do so much for those who suffer from these health problems. Older people are also more affected by social distancing because of sensory impairments, illness, or losing friends or family members to the virus.

Many scientists have said that we are lucky to be living when we can see and hear our loved ones through technology. Still, they have also

stressed that this cannot replace real interactions. Even with this, it's better than having no interaction at all.

Social distancing is also negative for newborns, infants, and young children who can end up with a compromised immune system as a result of staying home for a long time. When young children are not exposed to small amounts of bacteria regularly, they often become too weak to fight off infection and may develop allergies. Adults, who have already become exposed to a lot of bacteria, may have a higher immune system. So while their immune system is safe, they have to focus more on their mental health.

For those that have children, they should eat more fruits and vegetables while they are locked in to build up their immune system.

Staying Sane While Social Distancing

'I feel like I'm losing my mind,' one of the main complaints of social distancing. The coronavirus came with many other effects that suddenly interrupted our way of life and the activities we are used to. Isolating at home is important to stay sane and healthy, regardless of what you see on the news.

One of the best behaviors to do this is by maintaining a routine. Even if you can't work from home and so, you are stuck doing nothing all day, don't disrupt your sleep-wake cycle. Keep up with the regular behaviors that you were doing before the virus. If you can't work, you can spend your working hours reading or learning new skills on the internet. Attempt to spend quality time with your family in the evenings, and encourage them to keep busy during the day.

You can also use this time to focus on your health. Start that diet that you've always been considering, cook for yourself and your family three times a day, especially with a lot of fruits, vegetables, proteins, and vitamins. You can also cook for your neighbors and anyone who needs a home-cooked meal. Don't make drinking a habit during the lockdown and replace alcohol and other sugary drinks with water so that you don't become overweight. Exercise at home or go for an energized walk, as long as you're social distancing.

Don't become a victim of misinformation and myths that spread on the internet as this can lead to fear and worry, adding to the mental stress of being stuck at home. Brighten your spirits by hanging out with your family, engaging in the family activities, and reducing your screen time. Read a book instead, or play a board game. You can also call people that you know to feel more connected and social.

It's best to avoid panic during these times so that you don't hurt yourself mentally or physically. It's normal to check daily coronavirus

updates, but don't become engrossed in watching the news, reading conspiracy theories, or talking about them. Watch other news or movies and read articles on culture, fashion, education, and technology rather than on health.

Connecting with people also lets you know if they are doing okay. You should remember that you and your family aren't the only ones being affected by the virus. Talk to your friends and coworkers, even acquaintances that you know thru religious gatherings, school, the gym, and other places where you meet people. If you need help or know anyone who does, you should encourage them to seek help or comfort them.

You can also keep your mind and body active by engaging in different activities. Sing or listen to music alone or with your family, especially old music or music from your favorite singer. Try yoga, meditation, dancing, or different forms of exercise. You can also bring up former or forgotten hobbies like painting, sketching, reading, writing, cooking, and learning. Take virtual tours of museums and learn about other cultures.

Social distancing can lead to anxiety and depression or can emphasize mental health issues. If you disrupt your routine, feel fear because of the pandemic, and sink into bad habits like drug use, binge eating, and drinking too much alcohol.

Instead of doing these things, treat the lockdown like a break, and use it to redevelop yourself so that you come back stronger and healthier.

Chapter 3

Rituals and Funerals

Another universal practice that millions of people around the world have become forced to focus on is burial rituals and funerals. Since the beginning of the pandemic, thousands of people have unfortunately passed away. Some deaths are due to the virus and others because of different ailments. As the death toll increases, it seems to be taking away our ability and time to grieve. It is also disrupting a lot of rituals and practices worldwide.

Funerals worldwide put on hold, and many people forced to grieve their lost loved ones alone. For those who survive and recovering or in critical condition, they are not allowed to receive physical support from their family and friends.

The global spread of the pandemic, no one knows when it is going to end and get back to normal. The inability to fully go forward with grieving rituals sometimes harms the mental, emotional, and psychological health of an individual.

How Funerals Have Changed

Just like we need to work from home, and our children now go through online classes, funerals are also being affected by the virus greatly. Strict restrictions have transformed burials from an act of closure to lonely practices that have to become carried out quickly. In the United States, different people have decided to go through burials virtually. Virtual burials allow grieving to be a part of the ceremony at once; it still doesn't replace the comfort that they could give to each other if they were face-to-face.

In Mexico, people are unable to hold wakes for their deceased loved ones. In India, there are no funeral pyres allowed in the Ganges River. Even in Egypt, the people are no longer able to bath the body before the burial to follow the Islamic custom. In Spain, only three people are allowed to attend a funeral.

In South Africa, there has been a ban on large funeral gatherings, which caused them to leave some of their burial rituals behind. The ban on their traditional practices led to a new ritual, secret burials. The government placed the number of people around to attend a burial at 50; it is still too small for some cultures, which require a lot of rituals and processes before a burial is complete. The downside of this is that it led to more people contracting the virus through

funerals.

The fact that governments place limits on the number of people attending a funeral, rather than canceling funerals as a whole, shows the importance of rituals and funerals in our lives. When we lose someone, especially to a pandemic that we never expected or planned for, funerals are the only way we can say goodbye. Rituals allow us to pay our respects through traditions.

Even if the way rituals and funerals have changed, they have not disappeared forever. We will look at how to cope with loss during this pandemic, especially when you cannot do so with a wake, rituals, and other funeral practices.

Chapter 4

Oppressive Societal Attitudes

People connect in different ways during this pandemic. However, it doesn't change the fact that there has been an increase in oppressive societal attitudes. One thing, there has been an increase in racial behavior towards Asian-Americans and Asians in general, all around the world. Society has also seen an unexpected increase in domestic violence cases, which is another societal attitude that mostly affects women and children.

These societal attitudes are not needed and are only bringing more harm than good to communities that are finding it hard to deal with the virus already. People will handle the coronavirus better if they stopped looking at their differences and focus on the common enemy.

Racism in the Time of COVID-19

Asian Americans have endured a long history of suffering from racism, and the coronavirus seems to be making things worse. The racist behavior is because the virus believed to have originated from Wuhan, China, and language by officials in the White House, including the President, incites racial behavior in the people. Many people were calling the virus a 'Chinese virus,' and using this to oppress those in the Asian American community. Racism towards Asians isn't only in America as there have been cases of hate speech and crimes against Asians in countries worldwide.

Calling the virus 'Chinese' only fosters more hate towards Asians. The term alone is racist, and it also doesn't help that viruses usually originate from Asia and Africa more than it does in the west. Incorrect terms seem to have encouraged racial behavior towards Asians.

Many experts say that it is also part of the trade war between America and China, but this doesn't excuse racial behavior towards people.

Apart from discriminating against the Asian American communities, the pandemic period has witnessed a lot of racial attitudes towards other minority groups. Statistics have shown that more Black and Latino people are suffering from the virus because of the health care system in place.

The health care system isn't limited in Africa as there was a lot of backlash against a French doctor. The French doctor stated, 'If I could be provocative, we should do a study in Africa where there are no masks, treatment, or intensive care, a little bit like we did in certain AIDS studies or with prostitutes.'

Many experts have said that these oppressive racial attitudes did not arise because of coronavirus. The virus simply brought them to our attention.

The Rise in Domestic Violence Cases

Another impending issue that has increased as a result of the coronavirus is domestic violence. Countries all around the world have reported a massive increase in domestic violence cases since the lockdown began. And people are asked to social distance and self-isolate.

The coronavirus did not cause domestic violence; rather, it forced abusers to increase their acts of violence against their family members. Still, there are a lot of reasons why the cases have increased.

Look at the case of a person who was planning to leave her abuser very soon. Still, because of the coronavirus pandemic, they are forced to stay home with that very person that they were trying to escape. The person might have to use up their emergency fund since they cannot go to work. It will be difficult to stay in a domestic violence shelter during this time, especially when there are children involved.

Options for women such as Geeta, residing with an abusive husband in India, tried to leave once prior to the pandemic with no success. Her husband refused to let her go with the four children. When the lockdown began, Geeta's husband became more irritable towards her and their children because of the drop in his income as a transport worker. The children couldn't go to school, and so they became a target for his anger. Before the lockdown, Geeta secretly went to a building close to her home, where she learned sewing, reading, and writing. She planned to become an independent woman and leave him with her children. Now, because of the lockdown, she can't leave.

In other cases, people able to escape from the violence or abuse for a few hours every day, cannot do so anymore since they aren't allowed to go to work.

Before the pandemic, domestic violence cases were already increasing at an alarming rate. Now, the calls are coming in more than before. People who suffer from emotional and mental abuse are seeing more physical abuse, and in some cases, weapons.

Experts say that the increase is due to a lack of control on the abuser's part. When you lose control in one aspect of your life, you end up trying to gain control in another aspect, sometimes through violent attitudes. Losing control does not excuse the increase in domestic abuse cases during a time when families are supposed to have each

other's back and support each other.

Statistics show that, according to the UN, there could be 31 million new cases of domestic violence if there are six more months of lockdown. Since there is no haven during the virus, the only thing that victims can do is call the police for help or contact a shelter to see if they will be able to leave their homes.

Domestic abuse victims, there is no difference between leaving their homes and taking the risk of getting the virus and staying home with the risk of getting killed by their abuser.

It is unfortunate that during a pandemic, although there are times of global unity, there is also an increase in oppressive societal attitudes, especially in terms of racism and domestic abuse.

Chapter 5

Normalcy, Loss of What Was

With the sudden appearance of the coronavirus pandemic, many normal things and activities have become lost. Many people have tried to get a grasp of normalcy even while the restrictions are confining them. Something as ordinary as going out grocery shopping has become a chore because of the fear that the virus has struck in our hearts. Even going to work doesn't seem normal anymore.

The whole world is in anticipation, waiting for the arrival of the vaccine so that we can go back to how life was before. Will we be able to get back to our previous lives, or has the coronavirus changed us into a new normal?

The New Normal

Almost everyone has admitted that they expected the lockdown and social distancing rules to only last for a few weeks. Then everything will be back to normal. After all the weeks of staying home, the restrictions don't seem like they will be letting up soon.

Many people have probably gotten used to the sudden break they get to spend in their homes, while others are anxious to get back outside.

Even if we would all like to live without the virus looming over our heads, many things will remain even after the virus. One of these is working from home. The term 'work from home' became very popular after the lockdown became enforced. Many people asked to work from home if they can, and those who couldn't were either given breaks or laid off.

Many people have called the 'work from home' directive a large experiment with already visible results. Workers are becoming flexible with carrying out their professional tasks and communicating with their coworkers to get things done. Students now have many e-learning facilities at their fingertips. Working from home has proved to be effective. The expectation that many people who had to work from home will continue to do so even after coronavirus.

Companies will start hiring new workers remotely. Many bosses have said that they are more comfortable with their staff doing their work from home than coming to work every day. Overseas business meetings have become canceled and replaced with Skype and Zoom, which is great news for those who don't enjoy traveling miles to get work done. Companies have realized that they get work done

anyways, either from home or in the office.

There is an expectation that virtual education will become the new norm. Many children have admitted that they prefer online classes than going to school every day. Although teachers will still be essential, the end of the virus might witness different schools attempting to incorporate technology into traditional classroom settings. Holding classes through the internet cannot replace the normalcy of going to school, meeting friends, and growing up with an active social life. Still, there will probably be a lot of technological additions in this normal situation.

Normal things like traveling through airplanes will change after the coronavirus. Although years later, people might feel comfortable to travel. However, it is going to take a long time for everyone to realize that air travel is safe again.

Another new normal will be excessive cleanliness. Coronavirus has taught us all to disinfect everything around us, wash our hands, and sanitize all the time and keep our environments clean. Even those who don't step out of their homes don't feel comfortable with touching objects without disinfecting it. Once the pandemic is over, it will be difficult for many to drop the habit of cleaning, washing, and disinfecting everything.

Coronavirus has brought about the new normal of avoiding everyone. Nowadays, people are even scared to visit their family members or let them in their homes. Social distancing is not likely to change for a long time. The new normal is now communicating through social media and other technological devices.

Finding Normalcy in the Abnormal

Even if many changes came with the pandemic, we could still find normalcy in a lot of these situations. When you look around you, you still see your family and neighbors. You can still order takeout and have a movie night with your spouse. Families can huddle around the table for dinner and have a game night.

With all the changes, you can do your best to ensure that your normal life doesn't change. Talk to your friends and family the same way you did before. Wake up when you always did and go to bed at your usual time. If you have children, don't let them believe that the world of coronavirus and social distancing is the new norm because it's not.

One day, the whole world will look back at the pandemic, and notice that although some things changed, others remained the same.

Chapter 6

Acceptance (Finding Control in the Situation)

When humans lose control in one aspect of their life, they end up trying to gain it back. With the sudden restrictions on movement and disruption of life, we seem to have lost control of what we can and cannot do. The government now tells us that staying in and washing our hands is the only way to save our lives and have some control regarding the spread of the virus.

Many people find it hard to deal with the coronavirus because of the sudden loss of control. Still, we have no idea of how long it will last, and so we have to learn to deal with the pandemic by accepting the situation.

How to Accept the Situation

One way to deal with the current pandemic is to take care of yourself. Self-care may sound basic and maybe even pointless, but it is one way to deal with the anxiety and fear that you feel because of the sudden pandemic. Eat, sleep, and exercise well to take the edge off and think more clearly during the pandemic. Panicking will only lead to high levels of stress and anxiety, which can strain your relationship with others.

You should also be kind to yourself. Being stressed out or anxious because of a global pandemic is expected from anyone. Don't force yourself to ignore your fears and thoughts. Instead, accept and acknowledge the way you feel. Cutting yourself some slack is the only way you can understand your feelings and emotions, and know how to deal with them. You should also be kind to others. Don't judge the anxieties, fears, or reactions of other people, especially if you are not feeling stressed or anxious.

For example, many people are sad because they have to miss graduations, weddings, parties, concerts, sporting events and all. Although there are bigger losses that the world is facing now, you shouldn't judge or hate them for feeling this way.

Concentrate on what you can control. Though you can't control the virus, or the government, or the cancellation of the concert that you were looking forward to for months, there are still many things you can control. You can decide to workout, or spend the day talking to

your friends. You can choose to make yourself a home-cooked meal or play board games with your family for the first time. These are the things that you can control, and you should focus on them if you are trying to accept the situation.

Apart from concentrating on these things, you should also take control of them. As said earlier in this book, you should try hard to ensure that you're sticking to your daily routine, even with the virus looming over us. Don't set your goals aside because you're waiting to go back to work. Still, work hard towards them and look for opportunities to learn new things and develop yourself.

Another way to practice acceptance is to stay informed. Staying informed doesn't mean that you should fill your head with everything they say on the internet and focus on the bad. It also doesn't mean that you should become a target for misinformation, myths, and unconfirmed facts. Do your research get your information from trusted sources like the news. Focus on the facts, but don't think about what-ifs. Keeping yourself informed with the facts will reduce your anxiety, but misinformation will only make matters worse.

Communication helps you in finding control during these times. Through texts, phone calls, and social media, continue staying connected to your friends and family. Talking to them about mundane, everyday things can help you feel in control of your life and accept the situation.

Being grateful is a good way to accept what is going on around you. Remember that many groups are more affected by the pandemic. While your problems might look big, others are dealing with much worse. Practice gratitude every day and look out for the little things to be grateful for. It could be the weather, the new show you started, the fun you had with your family and more. Practicing gratitude gives you a sense of control and a feeling of acceptance.

Lastly, you need to have fun. What we all need in these times is love, care, and the warmth of our friends and family. Although the pandemic is a serious situation, you cannot accept it as something that is a part of your life for now if you don't have fun the way you did before. Use this time to do the little things that make you happy, and notice the little joys in mundane activities.

Acceptance involves acknowledging and recognizing the situation at hand and knowing that it is a part of life, even if it's not forever. Without acceptance, you can lose control, affect your mental health, and the relationships with people around you.

Chapter 7

Virtual Meetings and Communications

If you were living under a rock previously, the chances are that you aren't anymore. With the COVID-19 pandemic came an increase in virtual meetings and communications. Everyone used social media and mobile devices before, but now we depend on them for everything.

Since social distancing is the new norm, virtual communication is the only way to stay connected to each other. Offices are depending on video conferences to keep their business running. Court sessions held through Zoom and even governments around the world are still running with virtual communication. Schools are holding through the internet, and there are now cases of virtual weddings, baby showers, naming ceremonies, and funerals.

Virtual meetings are now very important, although they don't replace the feeling of meeting others face to face, especially when you have something to celebrate like a wedding. Offices are benefitting more from the popularity of virtual meetings.

How to Hold a Virtual Meeting

In April, Zoom users increased by 50% within three weeks because of the virus pandemic. You may not need a video conferencing application now, but you will need it in the future. Holding a virtual meeting is nothing like having one face to face. People get easily distracted. There are problems with internet connections, and it might not feel as professional as it does when you are all-round at a conference table.

As mentioned in Chapter 5, working from home might be the new normal even after the coronavirus pandemic is over. So there are some things you need to know about holding virtual meetings.

You have to consider the video conferencing application to use, for one. It has to be able to substitute for meeting face to face as much as possible. Using video calls allows you to see facial expressions and connect better. It also ensures that people are focused, unlike phone calls. You should consider using more professional applications created for workplaces.

Good meeting practices should still count, even if it's a virtual meeting. In other words, everyone should dress properly, maintain good etiquette, and be courteous. The meeting should also have a plan

and fit with everyone else's schedules. You should also ensure that everyone who is part of the meeting is relevant. Invite only pertinent people to be a part of the meeting, or that will be a waste of time and effort.

During virtual meetings, try your best to connect as humans. The meeting should feel the way it does in the office. Employees should feel comfortable enough, and there should be casual breaks or check-ins before and during the meeting. You can also come up with different virtual meetings to catch up or have drinks 'after work' so that the teamwork and synchronization of your employees don't get interrupted by the lockdown.

Virtual meetings are easier when it's for work meetings, and not when you want to talk to family or friends that are far away. You may be missing your kids or parents, but you cannot hug or support them with your physical presence. You can only see them a few hours a week and hope that they're okay.

Tips for Staying Connected

You can still connect and have a good time with your family, even if you cannot touch or see them face to face. These tips will help long-distance families or families that have become separated because of the restrictions.

One tip is to talk on the phone as much as possible. Talking on the phone doesn't mean you should chat through text messages or social media, but have an old-fashioned phone call. Video conference calls can be draining, especially when you are trying to do it with elderlies who don't know how to operate the laptop. Text messages are also not as personal as phone calls are. For a few minutes every day, you can hear the voices of people that you miss and connect with them without being stress or drained.

Also, when you call your loved ones to communicate with them, do this for the right reason. Don't make phone calls only to convey information or send them text messages to let them know that you're okay. Communicate to connect with them rather than to greet them. Talk about happy moments that you all shared in the past and plan for the future that you will spend with them.

You should also avoid talking about the pandemic for too long. Bring up other interesting topics to take the edge off, and look for reasons to laugh and smile with them. Play pranks, share jokes and make up your mind to ensure that social distancing won't cause you to emotionally distance yourself from those that love and care about you.

Chapter 8

Identity Economical Tolls

One major effect of the coronavirus pandemic globally is the toll on identity economics. In simpler words, consumer spending patterns and the general economy. Businesses have shut down, people have lost their jobs, and are now eating through their savings. With shutting down, governments came shutting down the economy and the livelihood of millions of people.'

The pandemic has also changed what we spend money on and what we don't. Change in spending habits, while businesses like Amazon and Walmart had to hire more workers, other businesses had to close down and hope that they can open after the virus.

How the Virus Affects the Economy

There are different effects of the coronavirus on the economy, but it has mostly left many people counting their losses. One of the effects is on global shares. The stock market took a huge hit with the coming of the coronavirus. Many investors fear that they will lose all their money before the pandemic is over. Although governments around the world are slashing interest rates to encourage spending, everyone is frugal, and the stock market is still volatile.

Another negative effect is also on employment levels. During this lockdown, the United States recorded the highest number of people filing for employment. Many people have moved to apply for credit cards, and the government is trying to give everyone unemployment benefits.

The oil market, which is one of the world's largest markets, has witnessed a large crash in prices. Since lockdowns have kept people inside, the demand for oil has reduced apart from essential workers that need it for transportation. In the United States, the price of a barrel of WTI turned negative for the first time.

Another effect is the looming risk of a global recession. The world economy can be greatly affected since the economies of countries are not growing at the end of the day.

How to Manage Finances during Lockdown

With the coming of the pandemic, it is important to take a look at your finances. Everyone is looking for strategies to save money, especially if you depend on unemployment benefits or freelance jobs

that may come your way. You need to find a way to find and save money, and here are some ideas to help you.

For one, you should shop online and look for the cheapest products. Watch out for sales and good offers. Since there are many online markets to shop from, you can also compare the prices of different websites and go for cheaper options. Going for lower prices allows you to save more money on purchases. While you do this, discipline is important so that you buy what you need. You can become disciplined with the motivation that you can treat yourself once the lockdown is over. Make shopping lists of only necessities that the family needs, and stick to your lists.

You should also claim the benefits that you are entitled to. Benefits offered by the government include job seekers allowance, sick pay, independent personal payments, and even unemployment benefits. If you're in any of these categories, make inquiries and go through the right channels to claim your benefits. There are also other minor benefits like cashback bonuses you may have accumulated while using your credit card. Utilize them wisely by using them to shop for groceries and other essentials.

Reviewing your savings is important during the lockdown because you don't want to end up with no money when it's all over. By reviewing your savings regularly, you can benefit slightly from interest rates and switch to best-paying accounts so that you can increase your savings.

Find a way to get refunds for some services you have paid for but are not using. For example, gym membership or subscriptions in restaurants and clubs are useless during the lockdown. If you need extra cash, you should politely and persistently ask for a refund so that you do not pay for what you don't need.

Clear your credit card once it comes in so that you don't have any debts or have to pay the late fee. You should plan for the payment of the card during the month so that you don't increase your debts. On-time payments will also give you a good credit score, in case you need to take a loan or get another credit card because of tight finances.

The great thing about being locked at home is that you can save money on commuting from work to home, and you can save money on food. Cook more instead of ordering takeout as this saves a lot of money. You should also plan your grocery trips by saving for them.

Try your best to put some savings away, no matter what you're doing. Whether you're getting paid by working from home or through benefits, it's always helpful to have savings for emergencies.

Chapter 9

Recovery (Reflect, recommit, reengage, rethink, and reboot.)

Recovery in all aspects of life is important after the lockdown. There will be a need for your finances to recover, and many people will have the challenge of recovering from the psychological after-effects of the lockdown. Many people will try to pick up their lives and goals from where they left off, while others will have a new meaning and perspective of life.

When it comes to recovering, one thing you need to do is reflect. If you want to recover from a situation, self-reflection is important in renewing and waking up your mind. Reflecting is especially essential if you've dropped all your goals and dreams while waiting for the lockdown to end. While at home, take the time to reflect on your experiences.

Think about what you have felt and thought during this lockdown and what you experienced. Did you feel fear, anxiety, or apathy? Have you been thinking about what will happen when the lockdown ends or focusing more on how you used to live your life before you were locked in? Analyzing your thoughts will help you understand and recover from the psychological impact. You can also reflect on your finances to make better and more informed decisions later on.

Reflecting allows you to learn from past mistakes and understand your emotions. It also allows you to remember what is important to you and what you have control over. Reflecting leads to recommitting, which is important in the aspect of your goals and your daily activities. Although you may have paused your life, you have to press the play button again and continue to live in the best way you can within the restrictions that have become imposed on you.

Self-reflection will remind you of who you are and what you want to do, especially when you are reflecting on your forgotten goals. Reminding yourself helps you recommit. You can also recommit by creating a schedule. Although you're stuck at home, there are different ways to stay focused on your goals. Treat the lockdown as a preparation period, and make all the plans that are needed. Or you can look for ways to achieve short-term personal and professional goals.

Then, you should reengage. For example, if you had goals to learn a skill, you can decide to do that through online tutorials on YouTube.

You can also order the materials you need and turn a part of your house into a workshop. Reengage your mind so that you can recover from the lockdown quickly. Spend time reading books and learning new things that will benefit you. Don't fill your mind with post-COVID plans or the climbing death rates, but how you can live in the present.

Reengaging helps you get back to normal activities so that when the pandemic is over and lockdown restrictions lifted, you're not asking for a few days to 'get yourself together.' It also helps with planning your finances better by engaging in budgets, cutting costs, and looking for ways to make more money. Instead of spending your lockdown stress eating and worrying about the future, engage yourself in activities that will help you recover from the lockdown, psychologically, and financially.

Then, we have a rethink. When you reengage, you may find that you have to do things differently and come up with creative ideas if you want to get something done. Look at your plans and rethink them. Will I be able to achieve this during the lockdown? What can I do to make things easier for me? What do I need to accomplish these goals?

Or, if you're having mental challenges, you can rethink your thought pattern. Ask yourself, what do I think of all the time? Are these thoughts changing anything, or am I just harming myself? Am I feeling more stressed or anxious because of the kinds of thoughts that I have? Rethinking yourself makes you realize the point, or lack thereof, of what you have been doing. It also helps you in bringing up solutions and new ways of doing things. Don't just entertain any thoughts or chase any goals during the lockdown.

If you can achieve a good thinking pattern or some goals that you set for yourself, you will feel better about facing the post-pandemic world.

Lastly, we have a reboot. When you have reflected, recommended, reengaged, and rethought, you need to process your plans in your mind and reboot. Rebooting is renewing your mind and fashioning it to be strong enough to deal with recovery after the pandemic.

Even now, you need to have a good mindset if you want to pass the pandemic and lockdown restrictions unscathed. A good mindset is the only way you can control the parts of your life that you have control over, rather than allowing the pandemic to have control over you.

Chapter 10

Unbearable Losses and Heartaches

The feeling of loss and heartache can be unbearable, especially when a loved one is taken away by something that you never expected. No one wanted the virus to appear, but suddenly, it spread around the world. Thousands of families have lost a loved one to coronavirus. Loved ones have become separated due to the contagious nature of the virus.

Many people have found it hard to deal with losses in terms of their jobs, businesses, and others. It seems like everyone is experiencing some sort of loss.

Grieving is difficult during these lockdown times because of the restrictions on funerals. Collectively, the whole world is losing someone: friends, family, neighbors, coworkers, and acquaintances. How do we deal with loss in a time where everyone, yet no one, seems to experience it?

How to Deal with Loss

Seek social connection if you are trying to deal with loss. The social connection won't bring your loved one back or suddenly make you feel better, but it is important to feel less lonely. Talk to your friends through a phone or video call, especially when you're feeling down. Speak to other family members about a simple mundane thing. Keeping social connections alive will help in coping with the unbearable loss of someone. When you talk on the phone, celebrate life instead of cursing death. Don't punish yourself by thinking about what could have been, but instead focus on what was and the happy moments you shared to lift your spirits.

When mourning, don't blame yourself or get caught up in guilt. You may feel the guilt of being alive and well, while your loved one must go through pain. You might also wonder why it wasn't you instead. Thought patterns like this cause you to start thinking about the pain your loved one felt, and loneliness from being self-isolated. Then, you feel guilty about how you could do nothing about it. Instead, give yourself opportunities to have happy and positive experiences.

Give yourself time to mourn. Don't feel like your loved one's death is unimportant because it is just one in thousands. Also, don't bury your feelings and pretend to be strong when you're feeling tired or weak. Give in to your emotions as this is the only way you can heal. While

you're home, take your time and deal with your emotions properly. Sharing memories with others or reading stories will help you deal with the loss. Don't expect a solution because grief is natural when a loss happens. Instead, look for someone or a safe place where you can let out your thoughts about what has happened and who you have lost. Sharing emotions is better than bottling it in and hurting yourself more and more.

Lastly, you can seek mental assistance if you think you need help. Feelings of loss and grief can lead to depression, anxiety, and other health problems. Seeking the help of a therapist will benefit you and assist in sorting out your emotions.

Coping with Loss of Normalcy

If you haven't lost a loved one, but are trying to deal with the loss of a part of your life, you're not alone. Millions of people have lost their jobs, houses, and other important aspects of their life. Even with this, it feels like your loss or feelings of grief are minor or unimportant because of the many events that are happening in the world every day.

You can consider grieving later. An example, if you lost employment, people need to focus on providing for your family rather than on the loss of your job. For some people, it makes sense to postpone grief in these situations. Postponing grief doesn't mean that you are pushing your feelings aside or ignoring them. Only that you allow yourself to feel, but then you set your feelings aside and decide to sort them out later. In these times, postponing grief makes more sense than dealing with it, while many other changes might affect your life and your family.

As said earlier in this book, you can also cope with losses by trying your best to stick to your daily routine. If you work from home now, arrange your day to mirror the life you used to live when you were able to go to work. If you lost your job, spend that gap looking for job offers online or learning new trades and skills that can benefit you or help you find a job online.

Do your best to ensure that you're not excessively thinking. Overthinking will only lead to higher levels of anxiety and stress. It also makes the feelings worse when you overthink, so you should avoid overthinking, even if you are grieving.

Grieving because of unbearable loss and heartache, either the loss of life or normalcy is different in COVID times. But the world is experiencing collective grief, and you should motivate yourself by looking at the people around you still love and are with you.

Chapter 11

Stock Up on Compassion

As the world is experiencing losses, and most people are stuck at home, the only way we can help each other is with empathy and compassion. With the changes that we are all experiencing, being compassionate to yourself and others will put a smile on someone's face. Apart from giving to different charities and health workers, you can show compassion through little attitudes and behavior towards your family, friends, and neighbors. Compassion helps you feel more connected with the people around you. It strengthens not only you but those you are compassionate towards.

Different Ways to Show Compassion

One way to be compassionate is through kindness, not only to yourself but also to others. Even if you're finding it hard to stick to your normal routine or don't know what to do about the fact that your children watch too much TV, you should cut yourself some slack. Just because you're dealing with anxieties doesn't mean that you should lose your kindness and compassion. Although we all have a lot on our plate, health workers have way more and a family to consider. So, you should be kind to those around you. Don't use stress as an excuse to hurt them.

Be kind to your older neighbors by helping out when you're getting groceries and help others in any way you can. You may have a lot of food in your pantry or freezer while your neighbor has nothing to eat. Be aware of these things and help in the little way you can. You may be able to keep working while your friends have lost their jobs. Keep your eyes peeled for job opportunities, don't snap when they ask for favors and be kind to them. Kindness goes a long way in helping you, and those around you get through the pandemic together.

You should also be considerate. Do not be too quick to judge or criticize others for their thoughts, feelings, or opinions. It may be easy to criticize others without considering what they're going through, especially when they make a joke out of a grave situation or feeling relaxed about it. You shouldn't judge them based on this but realize that everyone processes information and loss in different ways. Although your friend or neighbor might be smiling and cracking jokes, this doesn't mean that they don't have a lot of worries running through their heads.

There are other little ways in which you can show compassion, even

to people that you don't know. For example, if you are in a high financial position, support those you know that are struggling. Even if you don't know who to help, you can donate to charities that are feeding hungry children affected by the lockdown, or other charities that move your heart. Also, don't panic-buy during this period, so that others who want to get the same products can also purchase them.

Prepare care packages for those who are in need. You can distribute care packages to elderlies in your neighborhood, or sew face masks to assist the health care workers that are on the frontline. When shopping for groceries, you can buy or order extra items to give to those who need help or food.

If you don't have a lot to give, show care to others through your concern. Share your cooked meals with others, and send notes to your friends, checking on their wellbeing. Stay connected to others and be kind to them. Think of little ways to help others, if not with money, with your time and emotional support.

Showing compassion also counts during virtual work meetings. Check up on your coworkers and be considerate of their time. Some have to take care of children on their own, and others have a lot of work to take care of. Set meetings at a time that is agreed upon by everyone; ensure that the meetings are not a waste of time.

Lastly, you can show compassion to yourself and others by staying home. Apart from acts of kindness and benevolence to those around you, if you're not a health or essential worker, there isn't much that you can do. You should do your best from your home, as this is the only way you can stay safe and be compassionate to others by keeping them safe.

Conclusion

During the coronavirus pandemic, we are all mourning the loss of life and normalcy. However, this doesn't mean that you should give up, sit back, and watch the lockdown take away everything familiar to you. With the tips, advice, and steps in this guide, you will be able to deal better with the virus, especially when it comes to your mental and physical health.

Here are a few things you need to remember:

- Everybody has been affected by the coronavirus in one way or the other.
- You can stay sane while social distancing by sticking to your daily routine, learning new things, and improving yourself.
- Funerals and rituals may have changed, but you shouldn't let that take away your chance to grief.
- The pandemic has led to oppressive societal attitudes. So you should help those who are being attacked or discriminated against.
- You can adjust to the new world and find normalcy in this situation.
- Acceptance and dealing with the lockdown start with self-care and ends with staying connected.
- You can still connect with your family and friends through calls and virtual communication.
- You can manage your finances even as the coronavirus affects the economy.
- On the road to recovery, reflect, recommit, reengage, rethink, and reboot.
- Don't be afraid to mourn your losses, but don't let it drag you into anxiety and depression.
- Show compassion and be kind to everyone around you.

Lastly, and the most important, stay safe.

About the Author

Joanne Bezeau is a non-fiction writer and has a Bachelor's Degree in Business Administration with Accounting as her focus. She is also an entrepreneur who has her own business, where she works from her home office. She has worked in multiple Accounting firms with diverse clients, office personalities, and perceptions. She has written various books on business and management. In her free time, Joanne enjoys taking walks along the beach and a good movie. She lives on Vancouver Island, north of Victoria, and across the ocean from Vancouver, BC, Canada.

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